4: Stannus D-5 (ca. 1909)1910 FT7 Yao FT7
Maravi FR4

M Y 252 spoon into a clean shallow basket or on to a plate. The *ndiwo* or relish, consisting of vegetables such as beans or a kind of spinach, a little fish or chicken, is cooked M Y 264 in a separate pot, and round these those about to eat collect. Washing their left hands in water, they take some of the porridge and making a sausage shape of it, dip it in the *ndiwo* and then cram it into their mouths.

M Y 217 Salt was obtained either from natural deposits or from "salt earth" on a stream bank near Fort Johnston, or from the ashes of burnt *bango* reeds or *machedza*; 258 by a method of percolation through porous pots.

M Y 271 The native rather drinks between meals—water. After eating he may wash his mouth out and clean his teeth, using the frayed end of a piece of wood as a 515 brush.

M Y 273 *Alcohol.*—With the exception of the people living on the lower river, who drink fermented palm juice,[1] beer is the common alcoholic beverage. Beer is made from maize (*chimanga*) or millet (*mapira*); the crop of the latter is very largely used for beer making; it makes the best beer and is certainly preferred by Angoni.

Gruel is prepared by boiling flour with water; after an hour leaven (*chimala*) is added fermentation sets in; and it may be drunk the next day; it is the sweet beer, *mtibe* or *ontondera*. On the second day it is again boiled and is allowed to cool; the third day more leaven is added (*chikutiko*); the fourth day fresh gruel is made, and the contents of the original pot, now called *nganga*, is added to it, making two pots of beer. It may be drank the same day while hot or allowed to cool and taken on the second day.

Food-stuffs.

M Y 262
1. Maize (*chimanga*), millet (*mapira*, *mawere*), rice (*mpunga*).
2. Cassava—sweet potato.
3. Beans and peas of many varieties.
4. Pumpkins, cucumbers, melons (*dzungu*, *mkuka*, *chibwende*).
5. Many kinds of leaves growing wild—also pumpkin leaves, of which a kind of spinach is made.
6. Bananas (*paw-paw*), sugar cane and reeds are sucked.
7. White ants, locusts, honey.

M Y [177]
8. Numbers of small animals are eaten by Chipeta, Angoni, etc. With the spread of Mohammedanism this is going out; rats, mice, hares, rock-rabbit, etc. Chipeta will eat dog, and I once saw one eat baboon. Frogs, shell-fish, snakes, crocodiles, crows, vultures, eagles, are never eaten.
9. Fish (*nsomba*), fresh or dried, is much eaten, thirteen varieties being enumerated.
10. Chickens, ducks, wild birds that they may snare.

[1] Spirits used to be made by distilling from beer and banana and palm-juice by means of a pot and a gun barrel.